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Vaitarana Basti for acute pain management in Vata-Kaphaja Gridhrasi w.s.r. Sciatica - A Case Report

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ABSTRACT

Pain is one of the chief factors to visit a doctor. In today's scenario low back pain is one among the emerging pains faced by 90% of population in their lifetime. Low back pain presents with different symptoms among them, the one with radiating to lower extremities unilaterally or bilaterally is termed as *Gridhrasi*. *Gridhrasi* is *Shoola Pradhana Nanatamaja Vatavyadhi*. The gait of a person resembles with that of *Gridhra* or Vulture. The condition presents with *Ruk*, *Toda*, *Stambha*, *Spandana* in *Sphik Pradesha* and radiates downwards to *Kati*, *Prusta*, *Uru*, *Janu*, *Jangha*, and *Pada* causing *Sakthishepanigraha*. *Vata-Kaphaja* type of *Gridhrasi* involves above symptoms along with *Tandra*, *Gaurava*, *Arochaka*, *Bhaktadvesha*, *Staimitya*. *Gridhrasi* can be compared with *Sciatica*. *Vaitarana Basti* is effective in *Vata-Kaphaja Vikara's* as well as *Shoola Chikitsa*. Hence in the case study a male patient of age 28 years presenting with signs and symptoms of *Gridhrasi* was treated especially focused on acute pain management.

Key words: *Gridhrasi*, *Vatavyadhi*, *Sciatica*, *Vaitarana Basti*.

INTRODUCTION

Pain disturbs physical and mental status of a patient and so is the chief cause of visiting a doctor in most patients. It is cardinal symptom in most of the *Vatavyadhi's*. *Gridhrasi* is one amongst the 80 types of *Nanatmaja Vatavyadhi*^[1] and is a *Ruja Pradhaana Vatavyadhi*. Low Back ache is very common complaint now a days in every age group.

In *Gridhrasi* pain characteristically radiates from *Sphika* (gluteal region) to *Pada* (foot) associated with *Ruk*, *Toda* and *Spandana*.^[2] The signs and symptoms

of "Sciatica" found in modern medicine resemble with the condition of *Gridhrasi* mentioned in Ayurveda. Pain in sciatica is very severe, which makes the patient difficult to walk resembling to the gait of a vulture;^[3] hampering the daily routine of the individual. It occurs due to spinal nerve irritation and is characterized by low back pain and radiating pain due to lumbar disc prolapse.^[4]

The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in nonworking population.^[5] Hence it disturbs daily routine and overall life of the patients because of continuous and stretching type of pain. In reference to sciatica treatment; Modern medicine has limited source of treatment such as temporary medication with analgesics, sedatives etc. physiotherapy and lastly surgery; surgical procedures like laminectomy, discectomy are indicated but these surgical procedures are expensive with their limitations. To overcome these heavy expenses Ayurveda management seems to be the best. In Ayurveda, various methods are used in the treatment of *Gridhrasi* like *Bheshaja*, *Snehana*, *Swedana*, *Siravedha*, *Agnikarma*, *Basti*.^[6]

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Basti Chikitsa is quoted as *Ardha Chikitsa*^[7] by Acharya Charaka. Chakradatta mentioned *Vaitarana Basti* in management of *Gridhrasi*.^[8] *Vaitarana Basti* is indicated in *Vata-Kaphaja* disorders and also *Shoola* management. Hence in the present study an attempt has been made to evaluate the efficacy of *Vaitarana Basti* in Acute pain management in *Vata-Kaphaja Gridhrasi*.

MATERIAL AND METHODS

It is a single case study. Informed consent was taken from the patient in his own language.

CASE REPORT

Chief Complaints - Duration

- 1) Lower back Pain radiating to posterior aspect of both legs since 2 months. Worsened since 1 week.
- 2) Pulling type of pain, difficulty in lifting the leg up.
- 3) Associated with complaint of *Aruchi*, *Gauravta* and decreased appetite since 5 days.

History of present illness

A male patient aged 28 years presented with complaints of low back pain that radiates to back side of lower extremities bilaterally (R>L), and other symptoms as mentioned above and patient was unable to his occupational work. He consulted a local physician who gave some medications and advised rest. The medications gave him temporary relief but pain used to aggravate during long hours of work in fields and during heavy work. From last one week the severity of pain and other symptoms increased hence, patient came to *Panchakarma* OPD of Government Ayurveda Medical College, Bangalore. All his other medicines were stopped and *Shodhana* and *Shamana Chikitsa* were planned.

Poorvavyadhi Vrittanta

- Continuous pressure to the lower back while working in the fields and travelling 50kms daily on bike.
- No history of trauma or fall.
- Not a K/C/O DM/HTN other systemic illness.

- No surgical intervention.

Medication History

Patient had taken medicine (Tab Mobizox 250mg, Tab Rantac 150mg, Tab Neurobion forte 1 tab OD, and Diclo gel for local application) for low backache for one month.

Nidana Panchak

Hetu (etiology or causative factors)

Ahara: *Ruksha* and *Katu Rasatmak ahara*

Vihara: Systemic *Vata prakopa* due to working in fields, Jerky movements during long distance bike travelling.

Purvarupa (prodromal symptoms)

Stiffness in lower back region and both legs, low back pain.

Rupa (manifestation)

Pain in lower back region radiating to both leg, stiffness in lower back region, tingling sensation in the legs, difficulty in walking and lifting leg up.

Upashaya (relieving factors)

Rest in supine position, hot water fomentation and after medicine (Tab Mobizox 250mg).

Samprapti (patho-physiology of the disease)

Due to *Vataprakopa Ahara* (*Vata* vitiating food items) and *Marmabhighata* at *Kati Pradesha* due to jerky movements while travelling and excess vitiation of *Apanavayu* due to constipation, which leads to vitiation of *Vata* and *Kaphaja Doshas* along with vitiation of *Rakta* (blood), *Sira* (veins), and *Dhamani* (arteries). It causes obstruction to the neural conduction (*Vatavahini Nadi*) and elicited as radiating pain from *Kati* (lumbar region), *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf), and *Pada* (foot), and leads to generation of *Gridhrasi* (sciatica). In this disease, the main *Dushya* are *Rakta*, *Kandara*.

Samprapti Ghataka

Dosha: *Vata* and *Kapha*

Dushya: *Rasa*, *Rakta*, *Asthi*, *Majja*, *Sira*, *Kandara*, and *Snayu*

Srotas: Rasavaha, Asthivaha, Majjavaha, and Purishavaha

Srotodushti: Sanga

Rogamarga: Madhyama

Agnimandya: Ama, Jathargnimandya, and Dhatvagnimandya

Udbhavasthana: Pakvashaya

Adhishtana: Kati and Prushthavamsa

Vyaktasthana: Sphik, Kati, Prushtha, Uru, Janu, Jangha, and Pada.

Ashtastana Pariksha

- Nadi - 75/min
- Mala - constipated
- Mutra - 5-6 times/day, 1 time in the night
- Jihwa - coated
- Shabda - Normal
- Sparsha - slight tenderness present over the lumbar region.
- Druk - normal
- Akroti - lean built

Locomotor System

SLR test positive at 35° for right leg and 45° for left leg

Verbal pain intensity scale [table 1] and numerical intensity pain scale [table 2] were used for pain assessment.

Table 1: Verbal pain intensity scale

Degree of Pain	No Pain	Mild Pain	Moderate Pain	Severe Pain	Very Severe Pain	Worst Possible Pain
Score	0	1-2	3-4	5-6	7-8	9-10

Table 2: Numerical intensity pain scale

Score	0	1	2	3	4	5	6	7	8	9	10
Pain Level	No Pain					Moderate Pain					Severe Pain

Pain score right leg: Verbal pain intensity scale: severe pain for both legs

Numerical intensity scale: score = 6

Gait: normal

Investigation

Hb% - 11gm%

RBS - 115mg/dl

MRI - IVDP at L4, L5 level

Treatment Protocol

Poorvakarma	Deepana and Pachana - Tab. Agnitundi Vati 2tab BD for 2 days Sarvanga Abhyanga and Swedana with Sahacharadi Taila.
Pradhanakarma	Vaitarana Basti for 6 days.
Paschatkarma	Patient was advised to take rest after Sukhapurvaka Pratyagamana of Basti. Sukhoshna Jala Snana Advice to take Laghuahara

Ingredients of Vaitarana Basti

1. Saindhava - 12gms
2. Guda - 24gms
3. Chinch - 48gms
4. Sneha : Sahacharadi Taila - 30ml
5. Gomutra - 190ml

Total - 304ml

OBSERVATIONS AND RESULTS

Marked improvement in the signs and symptoms was seen after the treatment. There was relief in the lower back pain, stiffness, numbness and tingling sensation. Gait and mobility of the patient improved. There was complete symptomatic improvement. The features were assessed on the basis of subjective and objective parameters as below.

Table 3: Showing effect of therapy on Subjective Parameters

Subjective Parameters	Before Treatment	After Treatment	After Follow-Up
<i>Ruk</i> (pain)	Score = 5-6B/L Moderate painful walk with limping But without support	Score = Right Leg 2 Left Leg 1 Relief was found in back pain (65%-75%)	Score = 1B/L Relief was found in back pain
<i>Stambha</i> (stiffness)	Mild stiffness in lower back up to 30% impairment.	Relief was found in stiffness.	Relief was found in stiffness.

Table 4: Showing effect of therapy on Objective Parameters.

Objective Parameters	Before Treatment	After Treatment	After Follow up
SLR : Right leg Left leg	35° with pain 45° with pain	70° without pain 70° without pain	70° without pain 70° without pain
Forward Flexion	25cm above ground	15cm above ground	15cm above ground
Lt. Lateral Flexion	25° with pain	35° without pain	35° without pain
Rt. Lateral Flexion	25° with pain	35° without pain	35° without pain
Backward	10° with pain	20° without pain	20° without pain

Walking distance before treatment : Patient had severe pain after walking 50 mts.

After treatment : Patient could easily walk without pain.

Walking time before treatment : Patient took around 6 min. to walk 50 steps.

After treatment : Patient took around 2 min. to walk 50 steps.

DISCUSSION

Gridhrasi is included in 80 types of *Nanatmaja Vata Vikara* in Ayurveda classics. *Gridhrasi* is a condition which causes severe pain and stiffness in the lower back region and hampers daily activities of the person in day today life. So the *Chikitsa* told in classics focus on management of *Gridhrasi* by *Basti*, *Siravedha* and *Agnikarma*. *Basti* plays an important role in management of *Vata Vyadhi* and is called as *Ardha Chikitsa*. *Shodhana* and *Shaman Chikitsa* together helps in management of *Gridhrasi* effectively. *Vaitarana Basti* described by *Chakradatta* is helpful in *Vata-Kaphaja Vikara* and *Shoola Chikitsa* but it should be planned according to *Dosha Awastha* in different *Vyadhi's* due to the nature of its ingredients. The observations from the study suggests this management not only gives symptomatic relief but also helps to resume back the daily routine activities by providing long lasting effect.

CONCLUSION

The above case study was undertaken to study effect of *Vaitarana Basti* in management of *Vata-Kaphaja Gridhrasi*. Marked improvement in the signs and symptoms was observed. During the course of treatment patient didn't develop any adverse symptom or side effect. Hence, *Vaitarana Basti* is effective treatment for the patients of *Gridhrasi*.

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